

SUPPORT GROUP FOR PARENTS OF CHILDREN WITH INTELLECTUAL DISABILITY



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The idea to start a support group for parents of children with intellectual disability grows up from the always more significant need for the families whose children have cognitive and behavioural problems.

In the **Territorial Service for Childhood and Adolescence Mental Health ASL Nord-Ovest Toscana - Viareggio** is always more common the request to take in charge chil-

dren and adolescents with intellectual and learning diseases; usually these interventions last a lot, most of the time until the age of majority. Furthermore, jointly with the intellectual disability, we usually find some related problematic behaviour in the children, that questions the educational system of their parents. The behavioural problems of the child are basically correlated to worries, low self-esteem and fears of

the parent about his or her role, and therefore to experienced stress feelings, external attribution of cause and low parental satisfaction*. A lot of evidence-based reaserches demonstrated the principle **“good parenting, good outcomes”**: empowering the parenting skills we can obtain permanent improvements in learning, generally, in the growth processes and, generally speaking, in the welfare of the children**.

GROUP COMPOSITION & MAIN TOPICS

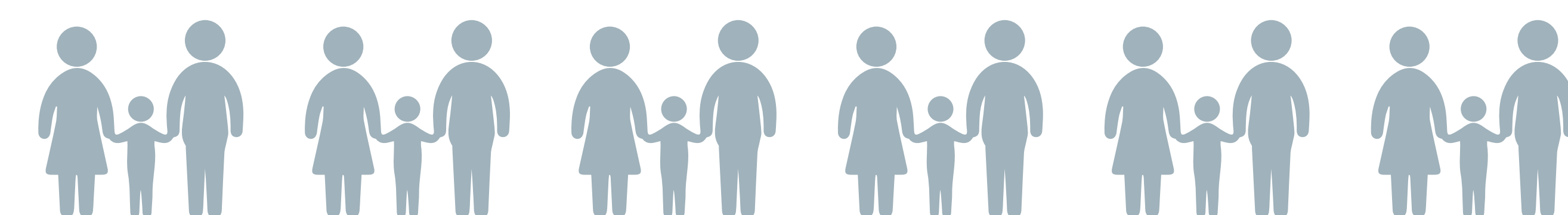
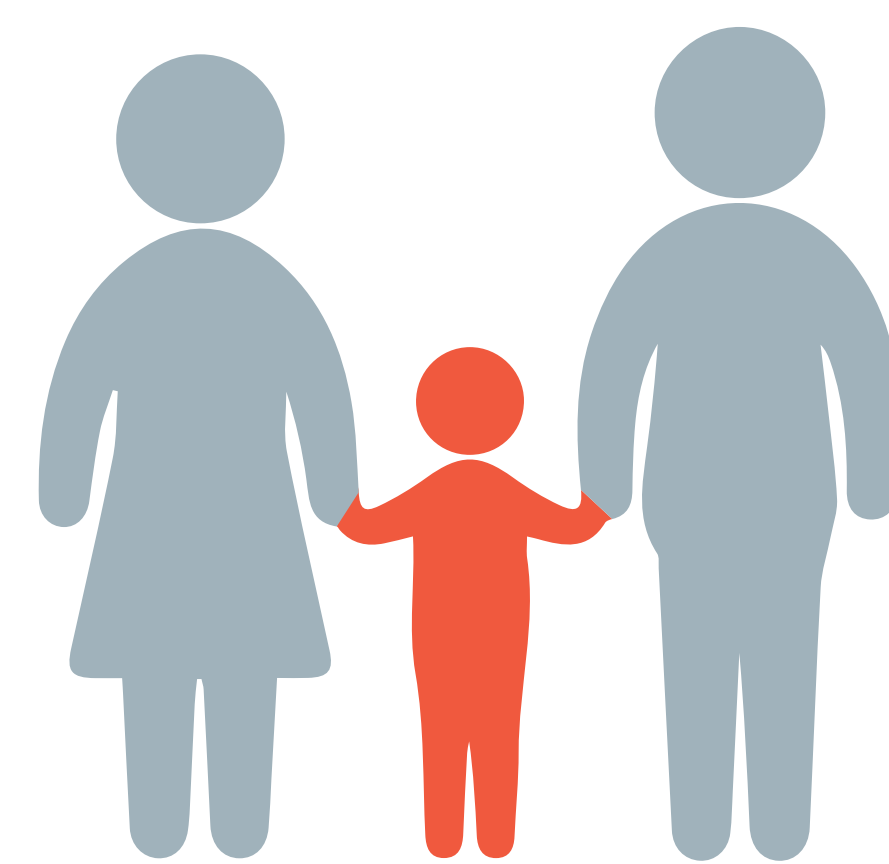
7 COUPLES

OF PARENTS WITH AT LEAST

1 CHILD

 (8-11 YEARS OLD)

WITH INTELLECTUAL DISABILITY



- Presentation of the participants
- Positive qualities of the children
- Parenting skills
- Shared activities
- Recovering activities
- Worries and fears of the parents
- Support from the social network and social care

SCHEDULE & CLINICAL TOOLS

8 MEETINGS

FORTNIGHTLY

90 MIN. LONG

LEAD BY THE PSYCHOLOGIST
AND THE CHILD PSYCHIATRIST



- Ad hoc questionnaire
- Specific material to work with parents of children 0-11 years old (*Sostenere la Genitorialità - Strumenti per Rinforzare le Competenze Educative*, Lavigueur S., Coutu S. & Dubeau D., 2011). It is based on a great reaserch programme on parenting skills and on the activities that can empower them (Lavigueur S., Coutu S. & Dubeau D., 2001, pp. 171 - 220***).

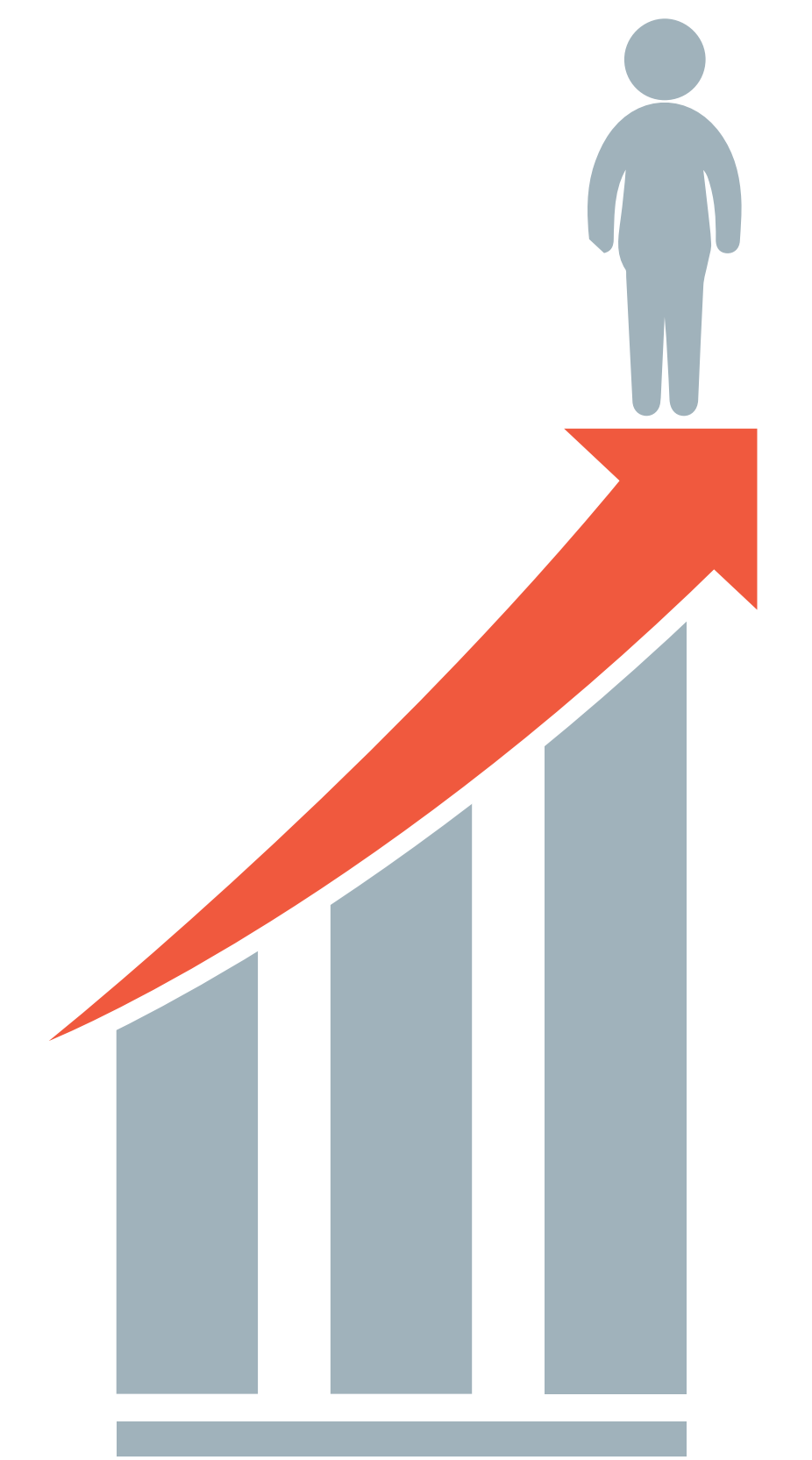
EXPECTED RESULTS

INCREASE

- ✓ PARENTING SKILLS
- ✓ KNOWLEDGE ABOUT THE LEARNING PROCESSES
- ✓ RIGHT MANAGEMENT OF THE BEHAVIOURAL PROBLEMS
- ✓ SELF-EFFICACY

REDUCTION

- ✓ PERCEIVED PARENTAL DISTRESS



* Hassall R., Rose J. & McDonald J., 2005

** Cornish, 2008; Larivée et al., 2006; Nixon et al., 2005; Weiss et al., 2006

*** Lavigueur S., Coutu S. & Dubeau D., 2001, pp. 171 - 220

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